

Now you have a resource to help you manage your heart condition, when made available through your employer. It's **CIGNA Well Aware for Better HealthSM** for heart disease. A program that gives you personalized support and a wide selection of proven tools. The only thing you really need to add is your personal commitment.

Outsmart your heart condition.

You're probably already receiving care for heart disease through your doctor. So how does the **Well Aware** program support your doctor's treatment plan? For one thing, it helps you become more responsive to your own needs. Not just by taking it easy when you're out of breath. But also by helping you to eliminate or reduce risks that can worsen your condition — smoking, inactivity and high cholesterol, for instance. Our program will also help you control other diseases that affect the heart, like high blood pressure. You'll learn about red flags such as sudden weight gain. And which medications can help prevent the onset of a heart attack.

Understanding health risks and your own body's stress signals is important. So we'll provide personalized support that includes educational material to help meet your needs. A quarterly newsletter on heart health, for instance, as well as access to health information on our Web site. And a workbook, self-care reminder stickers and health tips.



heart disease



make a *personal*
commitment to
your health



CIGNA

A Business of Caring.

"CIGNA" and "CIGNA HealthCare" refer to various operating subsidiaries of CIGNA Corporation. Products and services are provided by these subsidiaries and not by CIGNA Corporation. These subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc. and its affiliates, CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In Arizona, HMO plans are offered by CIGNA HealthCare of Arizona, Inc. In California, HMO plans are offered by CIGNA HealthCare of California, Inc. In Virginia, HMO plans are offered by CIGNA HealthCare of Virginia, Inc. and CIGNA HealthCare Mid-Atlantic, Inc. In North Carolina, HMO plans are offered by CIGNA HealthCare of North Carolina, Inc. All other medical plans in these states are insured or administered by Connecticut General Life Insurance Company.

You don't want
heart disease
to control your life.



Neither do we.

You or a family member has heart disease. And that can be a real challenge. Whether the diagnosis is coronary artery disease or congestive heart failure, daily tasks may be harder to handle. Work may be more of a challenge. You can't leave a heart problem home when you go to the office or job site each day. Sometimes it makes you miss what you enjoy most. But you still have your commitments, responsibilities and goals — your life. And you don't want a heart problem to get in the way.

Tell us how you feel.

There's no substitute for personal contact. Especially when it comes with a lot of practical experience. That's why we have a team of registered nurses (RNs) and other clinicians available to you by phone 7 days a week, 24 hours a day. Our RNs contact program participants to help provide personal support and determine the type of assistance they need. If you're feeling uncertain or need guidance, they're here to support you with information — and the reassuring benefit of their experience with heart patients. By keeping in close contact, they can also assist participants with congestive heart failure who need in-home monitoring.

Plan ahead.

The **Well Aware** program is also about taking action. In fact, we make it easier than ever for you to design a personalized action plan under your doctor's guidance. We'll provide heart disease treatment insights and information on our program to your doctor. To help you balance your busy schedule, we'll mail you reminders of important steps to take in managing your health.

Take back your life.

Heart disease doesn't have to keep you from a fulfilling, active life. Through the **Well Aware** program, you'll learn to anticipate early warning signals and manage them better. To make dietary substitutions that reduce salt and cholesterol, not flavor. To exercise wisely. And to reduce risks for heart attack as well as complications, such as depression, by following a plan you've worked out under your doctor's guidance. When you're tired, stressed out, or just feeling less than your best, you'll be better equipped to deal with it. With the right plan and the right medications. So you can spend less time being a "heart patient" and more time leading your life.

Our commitment.

CIGNA developed the **Well Aware** program for heart disease using nationally-recognized resources and industry-leading guidelines. We selected American Healthways to help us deliver quality service that you can rely on. And we kept it simple, to fit into busy lives made more complex by heart disease.

To keep the **Well Aware** program as effective as possible, we conduct periodic random satisfaction surveys. And because a condition like heart disease can lead to other health problems, screenings for related conditions are encouraged to help prevent or treat them.

Find out more.

To find out if you're eligible and to receive more information about the **Well Aware** program, call the **Well Aware** team:

- If you have a CIGNA HealthCare HMO/ Network or Point of Service (POS) benefit plan, call **1.800.249.6512**.
- For all other benefit plans, call **1.877.888.3091**.

If you have questions about your benefit plan, please contact your health plan's Member Services. You can also visit our Web site at **www.cigna.com/wellaware** for more information about **Well Aware** programs and services. Your request for information will be handled confidentially.

